

Heat up your winter with some language classes!

French: Beginner - Advanced conversation
Spanish: Beginner level - Starting January 21st
Open house with a free class on January 17th!

Info & Registration: 306.565.3525
seffa.regina@collegemathieu.sk.ca
#340- 2445 13th ave.
www.collegemathieu.sk.ca




PECS APPEAL

METRO HERALDS SCHWARZENEGGER'S RETURN TO THE BIG SCREEN WITH A LOOK AT SOME OF THE HIGH (AND LOW) POINTS OF HIS CAREER

PAGE 7



Phase One Pricing Available through Feb 2013

FREE GOLF MEMBERSHIP INCLUDED*
CALL FOR DETAILS

800-920-7285

AspenVillageDevelopments.com

REGINA

metro

Wednesday, January 16, 2013

News worth sharing.

metronews.ca | twitter.com/metror Regina | facebook.com/metror Regina

'Mission impossible'? NDP seeks to make inroads in Sask.



NDP Leader Tom Mulcair speaks with the media before meeting his provincial counterparts on Parliament Hill in Ottawa on Tuesday.

ADRIAN WYLD/THE CANADIAN PRESS

Eye on 2015 election.
Lethbridge Declaration being drafted as Mulcair meets with provincial counterparts in Ottawa



While federal NDP Leader Tom Mulcair was meeting with provincial NDP leaders in Ottawa on Tuesday, the process of building party support in the West had already begun in Saskatchewan.

In Ottawa, the three-hour, closed-door session included segments on federalism, the economy and energy.

"The NDP's very proud of its track record of prudent public administration in the five provinces and in the territories where it has been in power, and that's what we're going to be doing today," said Mulcair.

One province the NDP is not currently governing is Saskatchewan. In fact, the party does not have a single federal seat in the whole province, but a process is underway to change that.

The Lethbridge Declaration is currently being drafted by participants across Western Canada through a series of meetings. One such meeting was held in Prince Albert on Saturday, and another Saskatchewan meeting will take place in Saskatoon on Jan 26.

"I think the Lethbridge Declaration is a way for the NDP to unite progressives on the Prairies with the hope of toppling Stephen Harper in the 2015 election," said Noah Evanchuk, a Regina lawyer and former NDP candidate.

But making inroads in Saskatchewan will be difficult for the NDP given recent electoral trends and history in the province.

"It seems a bit like mission impossible, but Quebec seemed like mission impossible prior to 2011," said David McGrane, professor of political studies at the University of Saskatchewan.

"I think the federal NDP has to have some strong economic credentials if they are going to gain any sort of ground in the Prairies."

Follow Jeff Mackey on Twitter @MetroJeffMackey



Talkin' RRI

The proposed stadium project is the focus of an executive committee meeting today

PAGE 2

Got buttermilk

This tangy pancake ingredient is surprisingly versatile

PAGE 11

Jumpin' Jasper!

The annual Alberta winter festival heats up the mountain town with skiing, snowball fights and, match, a chili cook-off

PAGE 10

Getting ready for more opinions, RRI decisions

Jan. 28 vote. Reports at committee meeting include finalization of stadium funding



ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Residents and community delegates are getting the chance to voice their opinions about the proposed Regina Revitalization Initiative stadium project today at city council's executive

committee meeting.

The executive committee is looking to approve refined details of the RRI proposal before it goes to a vote at the Jan. 28 city council meeting.

Reports at the committee meeting cover the finalization of the funding for the stadium, including provincial government and Saskatchewan Roughriders contributions, final approval of the concept design, additional Canadian Pacific Railway land purchases, and the request for proposals for the actual building of

Quoted

"This is getting more real now because we have the funding arrangement and concept design in place and I guess the expression of interest is the next process to go through."

Mayor Michael Fougere on the first stadium discussion in 2013.

the stadium.

The meeting is open to anyone wanting to voice a concern or opinion.

"It's a topical issue in the community, so we will be having people in that support it, some people

might have questions about it and some people may be opposed to it," said Mayor Michael Fougere about the first stadium discussion in 2013.

If the project goes ahead, the expression of interest

for proposals will go out at the end of January. The top three qualified companies will produce a tender for construction contracts.

"This is getting more real now because we have the funding arrangement and concept design in place and I guess the expression of interest is the next process to go through," Fougere told Metro on Tuesday.

Fougere says the stadium project is right on schedule and he is "expecting (the proposal) will go forward and be approved by council on the 28th."



Fougere presented Diamond Jubilee Medal

Former Regina mayor Larry Schneider presents Mayor Michael Fougere with the Queen Elizabeth II Diamond Jubilee Medal Tuesday on behalf of the Federation of Canadian Municipalities and the Governor General of Canada. Fougere was nominated for his leadership on city council for the past 15 years and his commitment to his family. ALYSSA MCDONALD/METRO

History of mental issues

Man gets life sentence for drunken Christmas Day slaying

A Saskatchewan man with a history of mental-health issues has been sentenced to life in prison for fatally stabbing his grandmother after a Christmas Day drinking bout.

Riley Ballantyne, a Pelican Narrows resident, was sentenced Monday after pleading guilty to second-degree murder in the 2010 death of Jean Ballantyne.

Ballantyne, who was 20 at the time of the killing, will not be eligible for parole for 10 years.

Court heard the accused had drug and alcohol problems and had been drinking before violence flared in the family's home.

Crown prosecutor Fran Atkinson says the case is tragic because the stabbing would not have occurred had Ballantyne not been drinking.

A Court of Queen's Bench justice made a referral for Ballantyne to get

psychiatric help as soon as possible. **THE CANADIAN PRESS**

Pregnant teen

Outcome of alleged kidnapping case may come as a surprise: Lawyer

A lawyer for a Saskatchewan teen accused of abducting his 14-year-old pregnant girlfriend last week says the outcome of the case may surprise people.

Edmonton lawyer Daryl Royer said in an interview with CJME/CKOM that everyone in the case says the girl went willingly.

He says the case may be resolved in a way that doesn't involve a kidnapping conviction.

The 16-year-old boy appeared in court on Monday and was sent to a youth home until his next court date on Feb. 14.

The boy's 38-year-old mother and another 16-year-old boy are also charged. The two are set to appear in court on the same day.

THE CANADIAN PRESS/CJME/CKOM

Provincial court says no random police spot checks in private parking lots

Saskatchewan's highest court is putting the brakes on police randomly stopping people in private parking lots.

The Saskatchewan Court of Appeal says in a decision recently posted online that the province's Traffic Safety Act does not authorize

police to conduct random stops in private parking areas.

The case involved a woman who was stopped by officers in a parking lot at a hotel in Humboldt in 2009.

The woman tried to take a roadside breath test but couldn't and was charged

with failing to provide a sample.

But Chief Justice John Klebuc said there was nothing unusual in the way the vehicle was being driven and no reason officers couldn't wait until she drove onto the road to check for a driver's licence

and vehicle registration.

Klebuc said the detention, the demand for information and the sample infringed on the woman's liberty and privacy interests.

"While I am satisfied that (the officer) did not act in bad faith, he ought

to have known that he was not entitled to detain the appellant and check for a driver's licence or vehicle registration, neither of which was required to operate a vehicle off highway on a private parking area," wrote Klebuc.

THE CANADIAN PRESS

Custom-made plagiarism

Academic dishonesty.

Essay ghostwriter has no moral qualms about what he does



JESSICA SMITH
Metro in Toronto

Hey students, want some “eloquent phrasing and sophisticated articulate arguments for your critical analysis?” Or “are you tired of wasting time in front of your laptop instead of having fun?” There may be an essay ghostwriter for you.

On Craigslist Toronto, more than 20 ads for essay-writing services were published in one day this week — months from end-of-the-semester crunch time.

One post advertises, “A for your essays.” Another advertises a husband-and-wife team, both with master’s degrees, who have a combined 35 years of post-secondary essay-writing experience.

One of the ghostwriters — “A for your essays” — agreed to be interviewed. Sam, who declined to give his last name, says he has an MBA.

For as little as...

\$10

Some ads on Craigslist charge as little as \$10 per page for essays.

“The way I look at it is that I am filling a need in the market. I am writing, and what they do with it is up to themselves,” he wrote in an email to Metro.

Most of his clients are repeat customers, and he’s taken some through both their undergraduate and MBA degrees, he says.

About three-quarters of his students will hand in his essay verbatim, even though he advises them to make it their own. Sometimes, when they write three essays in a term themselves then hand in one of his as the fourth, the TA will catch on to the difference and they’ll get caught, he says. “All students want is an A on the essay, no matter how their previous marks have been.”

Sam, like all of the essay writers on Craigslist, says his essays are original, so they



A Metro staffer searches Craigslist ads for essay-writing services. DAVID VAN DYKE/METRO

won’t be flagged as plagiarized by Turnitin.com.

At this time of year, he’ll get eight to 10 email requests a day, increasing to about 20 in March.

Many of his clients are in business school, since he advertises he has an MBA, but they come from all disciplines. Some of his best clients are older people taking

a distance degree online, he says.

“Some students give me their online password, and so I do the online course for them,” he says.

Buyer beware

Easy A? No way

As with everything you can buy on Craigslist, it’s buyer beware for purchased essays.

Metro ordered a \$97, custom-written, 1,000-word essay from AcademicWritingBrokers.com, which advertises on Craigslist Toronto. As promised, it arrived within 24 hours and passed a check on Turnitin.com. The topic — “Is William Lyon Mackenzie King an idealist or opportunist?” — was from Dan Azoulay’s 20th-century Canada history class at York University.

“It’s not a very good essay,” said Azoulay of the finished product. “It just doesn’t answer the essay question.”

The essay also has grammar issues, rambles without structure and doesn’t come up with a thesis on Mackenzie King.

small coffee*
& muffin
\$1.39
plus tax



*Offer valid for Premium Roast Brewed Coffee only.
At participating McDonald's® restaurants in Canada.
©2012 McDonald's. ®/TM Trade-mark of PepsiCo Canada ULC Used under licence.

Quebec eyes guidelines for right to die

Suffering. Under new legislation, assisted suicide would not be considered 'suicide'

The Quebec government believes it has found a way to not run afoul of Ottawa after a legal panel recommended that terminally ill patients have the right to die.

Provincial junior health minister Veronique Hivon said Tuesday the panel determined that provinces have the jurisdiction to legislate in matters of health and that the future legislation would clarify how acts to end a life wouldn't be considered suicide.

Euthanasia and assisted suicide are illegal in Canada under the Criminal Code. Julie Di Mambro, a spokes-



Junior minister Veronique Hivon
JACQUES BOISSINOT/THE CANADIAN PRESS

woman for federal Justice Minister Rob Nicholson, said Tuesday the government's position remains the same.

"This is a painful and divisive issue that has been thoroughly debated in Parliament," she said. "We respect Parliament's decision."

Hivon said the Quebec government can now pass a law with strict guidelines that will respect the wishes of the dying to shorten their suffering and provide doctors with a clear legal framework.

Under the recommendations, patients themselves would have to make the request to a doctor on the basis of unbearable physical or psychological suffering. Two physicians would have to approve the written request.

The Quebec panel, which was headed by lawyer Jean-Pierre Menard, said people suffering from an incurable or degenerative illness should be allowed to ask for medical assistance to help them die.

THE CANADIAN PRESS

Background

Canadians have grappled with the right to die for nearly two decades.

- Tuesday's recommendations follow a landmark report from last March.
- In 1992, assisted suicide hit the national radar when Sue Rodriguez, a B.C. woman, fought all the way to the Supreme Court for the right to kill herself. She did in 1994.

First Nations. Taxpayers federation recommends throwing out Indian Act

An influential lobby group says Ottawa needs to ditch the Indian Act and give First Nations more control over their land to end aboriginal poverty.

The Canadian Taxpayers Federation made many enemies among First Nations leaders when it published a list of high salaries going to chiefs and pushed for legislative changes.

Now the group says the key to eliminating the cycle of poverty on reserves is for Ottawa to treat First Nations people like everyone else.

"For the sake of kids living in poverty on too many reserves, we don't need another decade with more social programs and tinkering," said Colin Craig, the group's Pra-

irie director.

"We need a new approach, one that treats all Canadians the same and connects aboriginal people with jobs and opportunities."

That means Ottawa should get rid of legislation such as the Indian Act, parts of the Criminal Code that allow for reduced sentences, as well as arts grants for aboriginals — while respecting treaties and the Constitution, he said.

The federation also says band members should be able to own their homes, and develop, lease or sell their reserve land without Ottawa's permission.

The group is also proposing a pilot project that would see funding go directly to band members. THE CANADIAN PRESS

Drilling test

Curiosity rover to peek inside Mars

NASA says the Curiosity rover should be ready to drill on Mars soon.

It's the most highly anticipated milestone since the nuclear-powered rover landed near the Martian equator five months ago.

Project manager Richard Cook says the team has chosen the test site for Curiosity. The spot contains a diverse sample of rocks that the rover can pick from. THE ASSOCIATED PRESS

Corruption case

Arrest ordered for Pakistani PM

Pakistan's leaders took a powerful one-two punch Tuesday as the Supreme Court ordered the arrest of the prime minister in a corruption case and a cleric led thousands of protesters in anti-government demonstrations.

Many claim the country's politicians are more interested in corrupt dealings than addressing problems facing Pakistani citizens. THE ASSOCIATED PRESS

St. Louis, Mo.

Administrator shot at school

Police say a gunman walked into a business school in downtown St. Louis, Mo., and shot an administrator in the chest before shooting himself.

Police Chief Sam Dotson said both the administrator and the gunman are in surgery. He says he doesn't know if their wounds are life-threatening.

He says no one else was injured. THE ASSOCIATED PRESS

Windsor, Ont.

University goes screen-free Friday

To conclude its Mental Health Awareness Week, the University of Windsor is encouraging students to go screen-free on Friday.

The event asks students to spend a day away from their laptops and cellphones.

"I meet a lot of students and frankly, they're overwhelmed by life," said Father Chris Valka, a campus minister at UWindsor. METRO



Apartment for sale: Open concept, close to public transit

Emergency services attend the scene after a derailed train crashed into the side of an apartment building in Saltsjöbaden outside Stockholm, Tuesday. A woman in her early 20s allegedly obtained the keys, stole the train and drove it about 1.6 kilometres to the end station on the railway line, where it jumped off the tracks, careened for about 25 metres and crashed into a three-storey building. She was the only one injured in the incident. The motives of the woman, who worked for a company contracted to carry out cleaning for the train operator, were not immediately clear. JONAS EKSTRÖMER/THE ASSOCIATED PRESS

Fear of children. Former teacher sues her school district over rare phobia

A former teacher is suing the U.S. school district where she used to work, saying administrators discriminated against her because she has a rare phobia: A fear of young children.

Maria Walther-Willard, 61, had been teaching Spanish and French to teenagers in Ohio since 1976.

Walther-Willard was transferred to a school with younger students in 2009. She says the kids there triggered her phobia, forcing her to retire.

Her lawsuit says her fear of young children falls under the federal American with Disabilities Act and that the district violated it by transferring her and not letting her go back to her former school.

Gary Winters, the school

district's attorney, said Walther-Willard was transferred because the French program at her school was being turned into an online one and that the other school needed a Spanish teacher.

Patrick McGrath, a clinical psychologist and director of the Center for Anxiety and Obsessive Compulsive Disorders near Chicago, said he has treated patients who fear children and that anyone can be afraid of anything.

"A lot of people will look at something someone's afraid of and say, 'There is no rational reason to be afraid of that,'" he said. "But anxiety disorders are emotion-based.... We've had mothers who wouldn't touch their children after they're born." THE ASSOCIATED PRESS

Canada vs. U.S. Flu shot more effective south of the border, data reveals

New data suggests that Canadians who got a flu shot this year cut their risk of getting sick enough to require medical care by about half.

That's slightly lower than the estimate that the U.S. Centers for Disease Control released late last week.

In the U.S., the CDC said this year's flu vaccine reduces the risk by 62 per cent overall and by 55 per cent against influenza A viruses.

Dr. Danuta Skowronski, who led the Canadian study, says the cross-border difference relates to the fact that in Canada, most infections this year are caused by the influenza A subtype H3N2.

Skowronski, who is with the British Columbia Centre for Disease Control, says while the protection isn't as high as public health would like, it's still significant.

The Canadian estimate is based on data from several hundred family doctors in Quebec, Ontario, Manitoba, Alberta and British Columbia.

The U.S. overall figure was brought up by the fact that the vaccine effectiveness estimate for the influenza B component of the vaccine was 70 per cent.

But in Canada the surveillance network hasn't seen enough influenza B cases to generate a reliable effectiveness estimate for it yet. THE CANADIAN PRESS

Wal-Mart pledges to hire U.S. veterans



A woman approaches a Walmart store in Valley Stream, N.Y., in this 2011 file photo. The retailer said it plans to hire every U.S. veteran who wants a job and has been honourably discharged in the first 12 months of active duty. GETTY IMAGES FILE

Patriotic push. Retailer waves flag as it tries to rebound from recent blows to reputation

Wal-Mart Stores Inc., the world's largest retailer and the biggest U.S. private employer with 1.4 million workers, said Tuesday it is rolling out a three-part plan to help jump-start America's sluggish economy.

The plan includes hiring more than 100,000 army veterans in the next five years, spending \$50 billion US to buy more American-made merchandise in the next 10 years and helping its part-time workers move into full-time positions sooner.

The move comes as Wal-Mart's attempts to rebound from blows to its reputation in recent months from an alleged bribery scandal in Mexico and a deadly fire in November at

By the numbers

10.8%

The unemployment rate for U.S. veterans who served in Iraq or Afghanistan stood at 10.8 per cent in December, versus the overall unemployment rate of 7.8 per cent.

a Bangladesh factory that supplies clothes to the company. Wal-Mart, which often has been criticized for offering

low-paying jobs and not buying more from U.S. manufacturers, said its plan will highlight the career opportunities in the retail industry.

"We've developed a national paralysis that's driven by all of us waiting for someone else to do something," Bill Simon, president and CEO of Wal-Mart's U.S. business, said at an annual retail industry convention in New York on Tuesday morning.

THE ASSOCIATED PRESS

Social media. Facebook unveils 'graph search'

Facebook CEO Mark Zuckerberg introduced a new search feature on Tuesday in the company's first staged event at its Menlo Park, Calif., headquarters since its May initial public offering.

Called "graph search," the new service lets users search their social connections for information about people, interests, photos and places. It'll help users who, for instance, want to scroll through all the photos their friends have taken in Paris or search for the favourite TV shows of all their friends who happen to be doctors.

Until now, Facebook users were unable to search for friends who live in a certain town or like a particular movie. With the new feature, people can search for friends who, say, live in Boston who also like

Competitive move

- Graph search escalates an already fierce duel between Google and Facebook. Although Facebook isn't trying to fetch information across the web like Google does, it's clearly trying to divert traffic and ad spending from its rival.

Zero Dark Thirty.

Zuckerberg says the search feature is "privacy aware," which means users can only search for content that has been shared with them.

It will likely take more than a year for graph search to be available to all of Facebook's more than one billion users.

THE ASSOCIATED PRESS

Montreal

Cirque du soleil calls meeting amid layoff reports

The world-renowned Cirque du soleil will meet with staff on Wednesday amid reports that up to 600 people could be laid off. Renée-Claude Ménard, the Cirque's senior director of public relations, would not comment on layoff speculation until the staff meeting. The Cirque employs about 5,000 people worldwide, including 2,000 at its head office in Montreal.

THE CANADIAN PRESS

Market Minute



DOLLAR
101.62¢
(-0.03¢)



TSX
12,641.97 (+38.89)



OIL
\$93.28 US (-86¢)



GOLD
\$1,683.90 US (+\$14.50)

Natural gas: \$3.46 US (+8¢)
Dow Jones: 13,534.89 (+27.57)



RBC Royal Bank

Great mortgage rates. Plus more.

2.99%
3-Year Fixed Rate¹

and great rates
in between

3.59%
7-Year Fixed Rate¹

Short-term flexibility, long-term stability and everything in between.

- + Up to 120 day rate guarantee¹
- + We'll cover your switching costs²
- + Flexible pre-payment options
- + Home Equity Credit Line at Prime + 1/2% (Prime + 1% at other banks)³
- + Canada's largest mortgage specialist team – advice that comes to you

Speak with an RBC Royal Bank[®] mortgage specialist today.
1-866-864-0420

Advice you can bank on[™]



¹ These rates are special discounted rates below our posted rate and are only available on mortgage applications that fund within 120 days of the start date of the application. Terms and conditions apply. Not available on construction draw mortgages. These rate offers may be changed, withdrawn or extended at any time, without notice. Not available in combination with any other offer or rate discount. Other terms and conditions apply. The Annual Percentage Rate (APR) is based on a \$200,000 mortgage and a mortgage processing fee of \$250. Fee may

vary depending upon type of property and location. For 2.99%, 3 year fixed rate offer, APR is **3.04%**. For 3.59%, 7 year fixed rate offer, APR is **3.61%**. ² We will pay the basic title insurance fee, processing fee and one discharge fee (up to \$300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance \$50,000. ³ The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. These rates can be changed, withdrawn or extended at any time without notice. Residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Joel Hunter
Real Service,
Real Solutions,
Real Estate

537.8891
jhunter@maxwellrealty.ca
@joelhunter #reginarealestate

MaxWell

THE SWEETNESS OF A GOOD BOOK



JUST SAYIN'
Paul Sullivan
metronews.ca

When you're a reader, there's nothing like finding a new series.

It's even better when, by the time you stumble upon it, there is already a bunch written that you can plow through with relish.

That's what happened with *A Song of Ice and Fire* (Game of Thrones), George R.R. Martin's wildly fascinating sword-and-sorcery epic. I got to it as Volume 3, *A Storm of Swords*, was released. As each book is well over 1,000 pages, I had at least three weeks of uninterrupted delight.

But then, I had to wait along with all the other geeks for Martin to continue the agonizingly slow process of churning out Nos. 4 and 5. Still to come, Nos. 6 and 7, and who knows when they'll be ready? Martin has apparently never met a book tour, fantasy conference or editing project he can resist. With any luck, we'll both be around for *The End*, but the odds are growing increasingly long ... or is that short?

About the author

He retired to Kelowna, B.C., where he expected to go gently, etc., when a cataclysmic 2003 forest fire that nearly engulfed his house caused him to re-examine his scorched priorities and start writing like an 11-year-old girl.

Bottom of the Pie, currently culminating in Volume 4, *I Am Half-Sick of Shadows*, are good.

Better than good.

Even crazier? They are written by a 74-year-old Canadian man, Alan Bradley, originally from Cobourg, Ont., who spent 25 years as a director of TV engineering at the University of Saskatchewan. He retired to Kelowna, B.C., where he expected to go gently, etc., when a cataclysmic 2003 forest fire that nearly engulfed his house caused him to re-examine his scorched priorities and start writing like an 11-year-old girl.

He'd never even been to England until 2007, when he went to pick up the first of Flavia's multitude of awards, but that didn't prevent him from nailing the Agatha Christie English-village murder mystery.

Of course, there aren't a lot of 74-year-old men who can write like an 11-year-old girl, but Bradley seems to have little trouble channelling his inner Flavia, who is by turns funny, solemn, wise, petulant, insightful, kind and, above all, curious. The kind of curious that killed the cat, essential in a murder mystery.

Hermione Granger meets Sherlock Holmes.

The good news gets even better. Unlike George R.R. Martin, Bradley has discipline and reliably finishes one of his novels a year. The next one is due, according to Amazon, in two weeks. Another volume in the series of 10 (say it ain't so!) arrives in early 2014.

Oh, and Hollywood director Sam Mendes has bought the TV rights, so stay tuned ...



Read an excerpt from the book *Speaking from Among the Bones* at metronews.ca.



Author Alan Bradley HANDOUT/THE CANADIAN PRESS

Hands up, who's the cutest?



KATHERINE FENG/MINDEN PICTURES/SOLENT

High five!

Newborn panda says hello to world

It appears this baby panda was born for the limelight as he smiles and waves adorably in front of the camera. The 37-day-old cub seemed to enjoy his photo shoot after he was weighed, measured and fed by medics. This charming image was taken at Wolong National Nature Reserve's giant panda conservation centre in Sichuan, China. **METRO**

Photographer's view



"I think the cubs start looking cute at about four weeks when they are unmistakably baby pandas. At that age, they are roly-poly balls of black and white."

Dr. Katherine Feng, veterinarian/photographer

Fancy dress for good

Staff wear panda costumes

Wolong made news in 2010 after staff decided to don furry panda costumes.

"We came up with the idea because captive pandas are too familiar with people. But by rearing them using panda suits, the baby panda would grow up never seeing any people," researcher Huang Yan said.

This way, Yan hopes, pandas who will return to the wild won't be too dependent on humans. **METRO**



Twitter

@lindseybast:

I think if #yqr gets any more snow I'm officially throwing in the towel and hibernating til May. #nomoresnow #winter13

restaurant @Deli_Llama_306 closing on Feb. 6. If you have not had there delicious food, please go. #yqr

@MMandryk:

Life of Pi gets Oscar nomination. Oscars, for those in Sask unfamiliar, are annual awards for what some places call a film industry. #skpoli

@levendis:

If overdosing on bacon is a legitimate cause of death, then sign me up! Just, not yet.

@LindsayDunnCTV:

Sad to hear about my fav.local

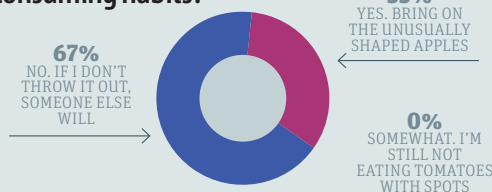
@riderpride89:

It's supposed to rain out today?! My car barely started yesterday it was so cold...now this? #yqr



Register at metropolitanpanel.ca and take the quick poll

Will a new report saying up to half of the world's food is wasted change your consuming habits?





Conan the Barbarian (1982)

Arnie as Conan makes for possibly the most homoerotic hero of all time. Leather jock straps fringed with rabbit fur and his flowing locks make for an '80s porn fantasy.

The Terminator (1984)

Accessories-wise, Schwarzenegger always liked to make a statement, gunning for dual Uzis, pump action shotguns and Harley Davidson motorcycles — what a man.



Action-hero-turned-politician-turned-action-hero Arnold Schwarzenegger returns to the movies as an aviator-wearing sheriff in *The Last Stand*. He's buff and badass in this outing. Metro looks back at some of his best and worst movie style moments — and boy are there some howlers.

RICHARD PECKETT



Kindergarten Cop (1990)

This time Arnold, playing Detective John Kimble, who goes undercover as a teacher, gets down with the kids. Roomy slacks, plaid and polo shirts — can this really be the same gun-toting meathead?

Batman and Robin (1997)

When he's not causing chaos, Mr. Freeze likes nothing more than to chill out in a quilted smoking jacket, Ascot tie and a Cuban cigar — ever the gent, minus the makeup.



In Focus

Taking a Stand on drug movies



IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend Arnold Schwarzenegger takes on his first lead role in 10 years. In *The Last Stand* he's Sheriff Ray Owens, a rootin', tootin' small town lawman who battles a Mexican drug cartel.

It's the first time Arnold has fought drug lords, but Hollywood often looks to the cartels for a supply of bad guys.

As recently as last year Oliver Stone cast Salma Hayek as the ruthless cartel leader in *Savages*, aided and abetted by Benicio Del Toro as her henchman.

There are also rumours that *Scarface*, the legendarily violent Al Pacino movie about a Cuban immigrant who takes over the south Florida drug trade, is about to be remade and relocated to the world of Mexican drug cartels.

The Johnny Depp movie *Blow* was actually renamed *Cartel* in some markets. Based on the book *Blow: How a Small Town Boy Made \$100 Million with the Medellín Cocaine Cartel and Lost It All*, Depp plays George Jung, the man who launched the American cocaine market in the 1970s.

Finally, Colombian is another cartel revenge flick. Zoe Saldana is Catalina Restrepo, who as a 10-year-old saw her parents killed by a Bogota drug lord.

Instead of calling the police she instead becomes an assassin who vows to avenge her family's deaths. Her journey starts with 10 words: "I want to be a killer. Can you help me?"



Mama is an upcoming horror film directed by Andres Muschietti starring Jessica Chastain. HANDOUT

Childhood trauma at root of Del Toro's Mama

Interview. Producer talks about why his films are so dark, and turning a short film into a full-length Hollywood horror

RICHARD CROUSE
scene@metronews.ca

When I ask Guillermo Del Toro why his films often feature kids as main characters his answer is upfront, open and a little surprising.

"I had a horrible childhood, emotionally," says the director of *The Devil's Backbone* and *Pan's Labyrinth*. "I was not a child who was beaten or locked in a closet, but I really have a very intense

Quote

"There is a filmmaker in that short. Very often you see shorts that are glossy but have very little to say."

Guillermo Del Toro
Talking about the film that inspired *Mama*.

relationship with the horror of Catholic guilt and the dogma. My grandmother was like Piper Laurie in *Carrie*. I was like a chubby version of *Carrie*. It was very difficult for me to get over that.

"I jokingly say I spent 40 years trying to recuperate from the first eight, but to a degree it is true. I really suffered intensely in the first 10 years of my life. I would cry

at the concept of burning in hell, or the concept of purgatory and original sin. Mexican Catholicism is very, very brutal and very, very gory. That all affected me."

Mama, his latest producercial effort, is a spooky tale of two abandoned girls raised by a supernatural nanny. Del Toro came to the story after seeing a three-minute short film by director Andrés Muschietti.

"The short is brilliant," he says. "Atmospheric and creepy. You can see a storytelling will. You can see a voice. There is a filmmaker in that short."

"Very often you see shorts that are glossy but have very little to say. Or they're really intense and interesting but they are badly done. But this short had the perfect balance

of form, function and story."

Muschietti is just the latest director to be discovered and mentored by Del Toro, who himself was given a helping hand by people like James Cameron.

"I've been very, very blessed by finding good people who believed in me at the right time. Obviously I try and pay it forward. Right now I'm 48-years-old and have been doing this for 30-something years, 20 directing. I've been able to produce close to 20 movies between Mexico and America and Spain and I would say in 99 per cent of the cases it has been really, really beautiful. A couple of cases it has been hard or the movie has been disappointing but *Mama* is one of the good ones I am really proud of."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spears' father arranged split with ex-fiancé?

Britney Spears reportedly had nothing to do with her breakup with ex-fiancé Jason Trawick, as the split was orchestrated by Trawick and Spears' father, Jamie Spears, who still has legal control of her personal life and finances, according to Radar Online.

"It really wasn't Britney's decision to announce the split last week, it was Jamie who made the call," a source says. "Jason wanted out, and in the fragile state that Britney is in, it's not like he could have a rational conversation with her about it, so it was really between him and Jamie. Britney was left out of everything and really didn't even know what was going on."

The biggest surprise,



though, is exactly how in the dark Spears apparently is about her personal life.

"Jason and Jamie wanted to make sure that Britney didn't lose it, so they had to

water things down for her a bit," the source says. "She still hasn't exactly grasped yet that the relationship is totally over."

METRO WORLD NEWS



Jennifer Lawrence and Bradley Cooper

Couple's romance only on screen, says Cooper

Oscar nominees Bradley Cooper and Jennifer Lawrence fall for each other in Silver Linings Playbook, but Cooper wants to quash any rumours of the recently single stars dating in real life. "I love her to death. She's amazing, but no," Cooper tells Entertainment Tonight about the prospect of him and Lawrence together. "No, no, no, no, no. Not even close. First of all, I could be her father. No, I'm kidding. But no, not even close." Lawrence, for her part, isn't offended, responding to his statement with, "True. I agree. I concur."



Lindsay Lohan

Lohan still owes \$300K to former attorney

Lindsay Lohan recently parted ways with her long-suffering attorney, Shawn Holley, but apparently there's still some unfinished business between them.

"Lindsay owes Shawn more than \$300,000 in legal fees and she hasn't made any payments in over six months," a source tells Radar Online. "Lindsay hadn't paid anything for any of the work Shawn has done on her three new criminal charges of lying

to cops, in connection with her car accident in Santa Monica last summer. Shawn has kept Lindsay out of jail for over five years now and she has no idea how good she has had it. Shawn is extremely respected by judges and prosecutors and that has benefited Lindsay greatly. Lindsay's new criminal attorney, Mark Heller, isn't even based in Los Angeles and certainly doesn't have the revered reputation that Shawn does."

Twitter



@SteveCarell

Apparently, once you have appeared on television, you are qualified to be a fashion designer.



@ParisJackson

i should probably start that biology homework right about now , aye ?



@kirstiealley

I think I accidentally murdered my pet spider...I stepped on a spider in the hallway ...my under the cabinet spider is MIA



@Sethrogen

I have a very shocking admission to make... i've been doping.

Christmas Tree Depot

December 28 - February 1



- Remove tree from bag or wrap
- Remove any decorations or other materials from tree
- Your tree will be turned into useful landscaping material

Locations:

City of Regina Landfill
Sandra Schmirler Leisure Centre
Optimist Arena
Goulet Golf Course
City of Regina Container Shop

3130 East Woodhams Drive
222 Sunset Drive
8045 Kestral Drive
500 Arcola Avenue

Regina.ca

City of Regina | REGINA



Kristen Stewart

Stewart joins Pattinson after awards ceremony

Kristen Stewart may not have joined Robert Pattinson for the Golden Globes ceremony itself, but when she met up with him at an after-party at the Soho House, the On the Road actress wouldn't leave his side, according to Us Weekly. "They hung out and stayed close for over an hour," a source says of Pattinson and Stewart, who arrived in a less than red carpet-ready look of jeans and a backward hat. The pair then left with a group of friends including Sienna Miller for another party.

Lost and Lord of the Rings star Dominic Monaghan gets wild this year on OLN's new series Wild Things with Dominic Monaghan, which premieres Monday. Metro picked Monaghan's brain on his favourite escapes.

LIZ BROWN
liz.brown@metronews.ca



MTKOPONE/FLICKR

The rainforests of Ecuador

"Ecuador is a pretty beautiful part of the world, but I quickly get out of any cities, like Quito and make a full-day journey into the jungle, which is a drive to a boat, then a boat to a car, then a car to another boat and then finally ending up at this place called the Tiputini Research Centre, which is one of the places I based myself out of when I was making Wild Things. It's an extremely remote, extremely isolated research centre in the middle of the rainforest. It doesn't even appear on the map. If you want to experience what it's like to be out in the middle of nowhere surrounded by one of the most wild and unforgiving natural environments in the world, that's a pretty good kicking off place."

5 spots that drive Dominic Monaghan wild



New Zealand's south islands

"Some of my happiest times travelling around have been exploring the south islands of New Zealand. New Zealand is obviously a very modernized country but the south islands have some pockets that have kept their natural beauty. My favourite way to experience that is to just rent a car and take a ferry from Picton on the southern point of the north island and get dropped off at the northern point of the south island and then just drive down to Queenstown over the coast for maybe three or four days, stopping in different places. It's a wild and blustery kind of place. You can see a lot of the places where we filmed sequences in Lord of the Rings. New Zealand is called the land of the long white cloud. It's just a really beautiful place to go to."



Ho Chi Minh City, Vietnam

"I really like Ho Chi Minh City in Vietnam. It's a very, very busy, crazy city with a lot of influences from many parts of the world. The French influence can be felt and Thailand and Cambodia have a bit of an influence here. It's just one of those cities where it gets busier and busier as the night gets on. Once the sun goes down the city really comes to life with a lot of noise and a lot of really interesting food you can buy on the street and friendly people and cool things to check out. There's a lot of people watching, going to squares and seeing some of the craziness."



The islands of Thailand

"Some of the islands up the coast of Thailand are pretty beautiful, like Ko Tao and Ko Samui. I really like going to a place called Krabi. They are pretty experienced with stuff like scuba diving and snorkelling and any kind of water activity you might want to do. There are amazing people in Thailand, really fantastic food, it's a great escape. I had some of the best food of my life and they're football crazy — they like soccer like I do. Manchester United games are a big deal for them in the same way they're a big deal for me."

GETTY IMAGES



ALL PHOTOS ISTOCK EXCEPT WHERE INDICATED

Berlin

"I go to Berlin a lot. It's not the most exotic of locations in the world in terms of jungles and crazy animals, but I was born in Berlin. It's a really interesting city, great architecture. It's got nice food. German food is a little heavy, but it's very tasty. They also do a pretty good line in beer and Berlin is one of those cities that feels like it's being dictated to by the young. The younger people are making the decisions there. There's a great culture of street art and graffiti, the museums are really interesting, there's great style on the street, there's great bars and cool music."

3 LIFE

Jasper heats up for annual winter festival

Jumping January. Two-week event has mountain town hosting outdoor adventures, contests and a chili cook-off

It's like a big small-town party in the mountains.

Jasper in January is an annual festival scheduled smack-dab in the middle of winter for those brave enough to celebrate the cold instead of running off to the beaches of Mexico.

"We don't all have to hibernate throughout the winter," says Mary Darling, a spokeswoman with Tourism Jasper. "There's still things you can do."

Family fun, evening entertainment and outdoor adventures — many of them free — take place daily over two weeks, bringing the town of 5,000 to nearly double its size.

Picture it: making gooey s'mores over an outdoor fire,

strapping on snowshoes surrounded by majestic mountains, throwing snowballs inside a pub while sipping a pint of beer, even sporting a Speedo while leaping into an icy lake.

"It's rejuvenating," says Peter Scott, a local electrician who plans to participate in his fourth Polar Bear Dip this Sunday.

Nestled in the Rocky Mountains, Jasper is about a 3 1/2-hour drive west of Edmonton. To many, it's considered Banff's little sister. But that's not necessarily a bad thing. While Banff is crowded and commercial, Jasper is quiet and laid-back.

History shows Jasper was a place where people lived before it became a travel destination. It was settled as a fur trading post, then designated a national park in 1907.

The addition of hotels, spas and five-star restaurants hasn't dampened its cosy and comfortable feel. And Jasper in January captures that allure, right from

If you go...

- **Jasper in January.** Event runs through Jan. 27.
- **Deals.** Most hotels are offering hot deals during the festival and Marmot Basin is also giving discounts on its ski lift tickets.
- **For more information.** Including a full calendar of events, check out jasperinjanuary.com.

ice skating on a frozen pond to noshing on some home-made chili.

In fact, the chili cook-off this Friday night is the only event that has carried on each year since the festival started 24 years ago. Would-be chefs team up and mix pots of chili at the local activity centre, creating more than a dozen flavours that anyone can buy and sample.

THE CANADIAN PRESS



A chili cook-off has been a staple of Jasper in January for 24 years. THE CANADIAN PRESS

Richness is:

MAKING NEW FRIENDS



The New Scotiabank® Gold American Express® Card.

Earn travel rewards 4x faster* at gas stations, grocery stores, on dining and entertainment, so you can take those meaningful trips even sooner. Get started with 20,000 bonus travel rewards points†.



scotiabank.com/4xfaster

You're richer
than you think.™

 **Scotiabank®***

* Registered trademarks of The Bank of Nova Scotia. ® American Express is a trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express.
† You will earn 4 points per \$1 on the first \$50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations and Automated Fuel Dispensers, Grocery Stores and Supermarkets; Eating Places and Restaurants, Drinking Places, Fast Food Restaurants; and Entertainment including Motion Picture Theaters, Theatrical Producers, Ticket Agencies, Bands, Orchestras and Miscellaneous Entertainers. Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per \$1 on purchases made after you have reached the 4 points per \$1 \$50,000 annual spend maximum and on all other purchases made with the card. ‡ The 20,000 Scotia Rewards bonus points are awarded when you use your Scotiabank® Gold American Express® card for a purchase within two months of open date and provided the account is open and in good standing. The points will appear as an adjustment on your Scotiabank® Gold American Express® card statement within two statement cycles of your first card purchase. Offer applies to new accounts opened by December 31, 2012.

Buttermilk makes move from breakfast table to dinner superstar

First, a buttermilk primer. As its name suggests, buttermilk is the tangy milk-like liquid left behind when cultured cream is churned to make butter. At least that's how they made it in the old days. Today, it's usually commercially produced by adding cultures (think the bacteria that produces yogurt) to low- or no-fat milk.

We've all had buttermilk pancakes and waffles, but most people don't realize just how versatile an ingredient buttermilk is. And it belongs on the dinner table as much as at breakfast.

Ingredients

- 1-lb pork tenderloin
- 1 cup buttermilk
- 1 tbsp plus 1 tsp Thai red curry paste, divided
- 1 tsp kosher salt
- 2 cups panko breadcrumbs
- 1/2 tsp ground black pepper
- 1/4 cup mayonnaise
- 1/2 tsp cider vinegar
- 4 burger rolls
- Boston or other leafy lettuce
- 1 large tomato, sliced

Let's start with buttermilk's signature tang. It's tangy because it's acidic, and acidic ingredients make for great marinades. Give chicken, pork or turkey a buttermilk bath and you'll get especially tender, flavourful meat. Before you add the meat, just whisk in whatever seasonings you want. That's how it's used in these Buttermilk-Soaked Pork Cutlet Sandwiches.

And that same tang turns out killer mashed potatoes. Use it in place of regular milk, then mash away. Ditto for sweet potatoes. Lastly, next time you're making vinaigrette for your salad or roasted vegetables, add buttermilk for rich, luxurious flavour. Try a blend of olive oil, buttermilk, lemon juice, strawberry jam, salt and black pepper.

1. Cut the tenderloin crosswise into thin rounds, each about 1/4 inch thick. One at a time, set each round between sheets of plastic wrap and pound evenly thin using a meat mallet or rolling pin.

2. In medium bowl, whisk

Buttermilk-Soaked Pork Cutlet Sandwiches



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

together the buttermilk, 1 tablespoon of the red curry paste and salt. Add the pork and ensure it is evenly covered by the liquid. Refrigerate this for at least 1 hour and up to 8 hours.

3. When ready to cook, heat the oven to 400 F. Coat a baking sheet with cooking spray.

4. In a wide, shallow bowl, mix the breadcrumbs and pepper. Remove the pork cutlets from the marinade. Dredge each piece through the breadcrumbs, patting them on as needed to coat evenly. Arrange the pork cutlets on the prepared baking sheet.

5. Bake 10 minutes, or until

cooked through.

6. Meanwhile, in a small bowl, whisk together the remaining 1 teaspoon of red curry paste, the mayonnaise and vinegar. Slather a quarter of the mixture over the bottom half of each burger roll. Top with lettuce and tomato, then 1 or 2 pork cutlets. Serve. THE ASSOCIATED PRESS

Drink of the Week

Brrberry Tea

There is nothing quite like a hot cup of tea to keep the winter blues away.

And when you add three types of alcohol to the mix, you have a whole new type of tea.

- .5 oz brandy
- .5 oz amaretto
- .5 oz triple sec
- Chai tea
- Splash orange juice
- Garnish orange wheel
- Garnish cinnamon stick

Add liquor, liqueurs, juice and tea bag to glass. Add hot water. Garnish with cinnamon stick and stir.

Add orange wheel garnish.

PHOTO AND RECIPE COURTESY OF FIRKIN PUBS, FIRKIN-PUBS.COM



Grapefruit adds dash of tang to quick-cooking pork chops

The preparation time and cooking time of this dish are negligible, but you must allow enough time for marinating. Serve the chops with sticky rice to complement the Asian flavours.

Be sure to grease your grill before adding the meat and grapefruit wedges.

1. Using fine grater, remove 1 ml (1/4 tsp) of the grapefruit rind and place in a shallow dish that is large enough to hold the pork chops. Cut grapefruit in half and squeeze out the juice to get 45 ml (3 tbsp) of grape-

Ingredients

- 2 pink grapefruits, scrubbed
- 30 ml (2 tbsp) sodium-reduced soy sauce
- 15 ml (1 tbsp) liquid honey
- 15 ml (1 tbsp) chopped fresh cilantro
- 1 clove garlic, finely grated or rasped
- 5 ml (1 tsp) finely grated or rasped fresh ginger
- 2 ml (1/2 tsp) ground coriander
- 4 boneless pork loin chops
- Pinch freshly ground black pepper, to taste
- Fresh cilantro leaves



This recipe serves four. THE CANADIAN PRESS/HO

fruit juice and add to dish. Cut remaining grapefruits into thick wedges and set aside.

2. Whisk soy sauce, honey, chopped cilantro, garlic, ginger and coriander into grapefruit juice. Add pork chops and turn to coat well. Cover and refrigerate for at least 1 hour or up to 8 hours.

3. Remove chops from marinade and sprinkle with pepper.

Place pork chops on a greased grill, indoor grill or grill pan over medium-high heat for 5 minutes. Turn over and grill for about 5 minutes or until a hint of pink remains. Meanwhile, add grapefruit wedges to grill for about 5 minutes, turning once, or until golden and tender. (Alternatively, pan-fry pork chops in a non-stick skillet over medium heat, turning once, for about 12 minutes. Add grapefruit wedges for the last 5 minutes.

Or place pork chops on parchment paper-lined baking sheet and roast in a 200 C (425 F) oven for about 12 minutes or until hint of pink remains. Add grapefruit wedges for last 5 minutes to warm them through.)

4. Serve grapefruit wedges with pork chops and sprinkle with cilantro leaves, if desired. THE CANADIAN PRESS/ FLORIDA DEPARTMENT OF CITRUS

CURVES COMPLETE: THE WHOLE SOLUTION THAT MAKES BURNING FAT EASY AS 1, 2, 3.

1 EXERCISE
The Curves 30-minute Circuit, where millions of women supercharge fat loss.

2 MEAL PLAN
New, customizable meal plans that show you how to cook in or eat out.

3 COACHING
Your Curves Certified Coach who reviews your success and plans for more, every week.



Get exercise, meal plan and coaching for just \$14.95* a week.

CALL OR VISIT TO SCHEDULE YOUR FREE NO OBLIGATION APPOINTMENT.

565-1977
6839 Rochdale Blvd.
585-2744
4532 Albert St. S

347-2218
188 University Park Dr.
790-1310
2620 Victoria E

Curves Complete

- ✓ Burns more fat than diet alone
- ✓ Increases metabolism
- ✓ Protects muscle and bone density
- ✓ Scientifically tested

*Price reflects minimum 6 month commitment, billed monthly, only at participating locations. © 2013 Curves International, Inc.

Backing up your career in chiropractics

Throw me a bone.

From paperwork to placement, get advice on this pain-relieving pursuit from those who know it best

TUEN
MUN ONG
TalentEgg.ca

Each step on your way to becoming a chiropractor has its challenges. I asked three recently graduated chiropractors to share their advice on how to survive and navigate the world of applications, school and work.

The Chiropractors

Dr. Joe Pratile and Dr. Joy Arciaga both graduated from Canadian Memorial Chiropractic College (CMCC) in 2011 and have each been practicing for one-and-a-half years. They currently work at Vita Integrative Health Clinic in Toronto. Dr. Stephanie Anisko, working at AIM Health Group in Mississauga, has been practising for five years since graduating from CMCC in 2007.



Writing out your school application doesn't have to be a pain in the neck. Just be honest! ISTOCK

Applications and preparation

Writing applications and waiting for answers from schools is always a stressful part of pursuing a career. What is your advice to students writing applications and hoping to get into chiropractic?

Dr. Joy Arciaga: When you're writing your applications, just be honest. If chiropractic is right for you, then you really have no reason to be anything other than honest. It's easy to say the things that the board wants to hear, but at the same time it has to be congruent with what you really believe in.

I completely agree on the waiting part. It is probably the most nerve-wracking part of the application process and it feels like you're waiting forever. There is no concrete advice I can offer here except be positive. You've done all the work. All the T's are crossed and the I's have been dotted. The interview is done. It's out of your hands.

Dr. Joe Pratile: Does it allow you to always be learning? Second, does it allow you to always be dreaming? Third, does it always allow you to always be taking risks to live up to your full potential? Fourth, does it allow you to find a cause higher than yourself and devote yourself to it? These will help you simply and help you build clarity in a complex situation. Fear has no place in a focused mind.

BECOME A DENTAL HYGIENIST

EARN YOUR DIPLOMA IN JUST 18 MONTHS

Accredited by CDAC

SEATS STILL AVAILABLE FOR APRIL 2013

REGISTER NOW!

1 866 726 (CNIH) 2644 • www.cnih.ca

On the pursuit

Any advice on preparing yourself for pursuing chiropractic?

Pratile: Take these three ideas into consideration. First, do you like school? Buckle up, it's four more years. Second, read some chiropractic literature, magazines, and books on the topic to see if the natural healing philosophy and paradigm is right for you. Third, be prepared to study the business side of chiropractic as well, like marketing, advertising and so on.

You will have options coming out, but ultimately if you want to be your own boss, run your own clinic, or at least be a part of one, you will have to know how to streamline office procedures and build a clinic atmosphere. Customer and patient satisfaction and loyalty will always come from the tone you set and the care you take in your office protocols. In today's world of efficiency, people demand it these days and you will want to hit the ground running if possible.

My advice: Learn from a current chiropractor or health practitioner that, as close as possible, embodies how you would like to be in practice. Success leaves clues, now all you have to do is ask great questions that build clarity and take action steps. If you want anything in this world bad enough, you'll make it work.

On being a student

Not too long ago, you were chiropractic school students yourselves. Do you have any tips for people who are in chiropractic school right now?

Dr. Stephanie Anisko: School can be a very overwhelming experience with the volume of home-work, studying, exams and projects. Sometimes it is very easy to lose sight of the big picture, that you will soon be in an amazing profession with skills that will help people improve their quality of life and live without pain.

Find a chiropractor that can help mentor you during the process and go and visit their office to shadow them. That will help get you past some of the hurdles in school and also prepare you for when the exams are over and it will be time to start working in the field.

It is also helpful to take courses outside of school to add chiropractic techniques and skills to broaden your perspective in order to maximally help your future patients.

Arciaga: There is a light at the end of the tunnel even if it doesn't seem like it. I'm not going to sugar coat it. The first three years are tough, but put your nose to the grindstone and before you know it, you'll be in clinic. That's where it all begins to come together. It's a long road, but at the end it's worth it. Learn as much as you can, obviously. What you learn in school is extremely important, but at the same time realize that your real education begins after you graduate. School provides you with an exceptional knowledge base, but nothing prepares you to be a chiropractor except actually being a chiropractor.

TALENTEgg.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

CFL

McCullough, Hughes remain with Roughriders

The Saskatchewan Roughriders re-signed linebacker Mike McCullough and fullback Neal Hughes on Tuesday.

McCullough, a six-foot-two, 220-pound native of Kingston, Ont., has spent 10 seasons with the Riders. He has appeared in 176 career games, including the last 110 straight.

Hughes, a native of Regina, is entering his 10th season with the CFL club. The five-foot-10, 208-pound University of Regina grad had seven catches for 71 yards and a TD last season while adding six special-teams tackles. **THE CANADIAN PRESS**

Australian Open

Serena Williams rolls ankle, rolls to shutout victory

Serena Williams frightened a few people, including herself.

Day 2 at Melbourne Park on Tuesday brought another day of perfect weather, but a few anxious moments for Williams, who fell awkwardly on her right ankle in her 6-0, 6-0 win over No. 110-ranked Edina Gallovits-Hall.

Williams had the ankle heavily taped by trainers and was able to continue and still dominate the Romanian player. Later, she said she hoped to continue playing — she'll have a scheduled day off Wednesday, returning Thursday to play her second-round match — and maintain her quest of winning her third Grand Slam tournament in a row and sixth Australian Open. **THE ASSOCIATED PRESS**



Penguins star Sidney Crosby says the concussion-like symptoms that plagued him for most of the last two seasons have all but vanished. GENE J. PUSKAR/THE ASSOCIATED PRESS

Clear-headed Crosby ready to focus on game

NHL. With head injuries in past, Penguins superstar says he's intent on making amends for end to last season

Quoted

"Every time I've skated with him, even when he's been hurt, he's been unbelievable."

James Neal, on the pleasures of playing alongside Penguins teammate Sidney Crosby.

about your health.

Those days, the Pittsburgh Penguins captain insists, have vanished. They disappeared over the summer, when Crosby began his annual summer ritual back home in Canada of pushing himself beyond his limits in an effort to regain the form that made him the most dominant player on the planet before a pair of hits to the head in January 2011 seemed to put his career in jeopardy.

"I'd be lying if I said the first couple weeks I wasn't evaluating that a bit, but through the first few workouts, as long as anything doesn't come up, you

don't really think about it," Crosby said.

The 25-year-old's head is clear in more ways than one. He signed a 12-year, \$104.4-million contract extension last June that will keep him in Pittsburgh until he's pushing 40.

Now, all he has to do is go back to being Sidney Crosby.

He never quite got there last spring. Sure, the numbers look impressive: 37 points in 22 regular-season games.

Yet there were also the three months he missed after the "fuzziness," as he called it, resurfaced in December 2011. There was the 12-game goal-

less drought, the longest of his career. There was the breath-holding that happened every time he went into the corner or ran into an opponent's wayward elbow. There was the stunning first-round exit, when the Penguins were blown out by Philadelphia in six games.

Crosby had three goals and three assists in the series but he also was on the ice during a stream of defensive collapses that looked more suited to the all-star game than the Stanley Cup playoffs.

"I don't think it was a matter of pressing," he said. "I think I missed a lot of time. And to get to playoff speed after missing that amount of time is pretty tough. Definitely I feel like there is another level to my game but I don't know if I can blame myself for maybe not getting a few more goals."

THE ASSOCIATED PRESS

Latest draft rankings push Jones to No. 1



Seth Jones, pictured at the USA Hockey All-American Prospects Game on Sept. 29 in Buffalo, has been ranked the top draft-eligible player in the Central Scouting Bureau's mid-season report. GETTY IMAGES FILE

Unlike some previous seasons, there is definitely no clear favourite to go first overall in the 2013 NHL entry draft.

The Central Scouting Bureau released its mid-season rankings Tuesday, with Portland Winterhawks defenceman Seth Jones taking the nod as the top draft-eligible skater from North America. He was closely followed by Halifax Mooseheads forward Nathan MacKinnon.

Given that both players are standouts at their respective positions, the team holding the No. 1 pick will likely make their selection based on

Quoted

"The fact that he's living up to his expectation, that really sits well with a lot of scouts."

Central Scouting director Dan Marr, on Seth Jones.

positional need rather than drafting the best available player.

"It was just by a slim margin that Seth is sitting (ahead) in the first ranking right now," Central Scouting director Dan Marr said from Halifax. "But this is a very fluid

first overall (position) heading into this year's draft."

Jones, from Arlington, Texas, came up through the U.S. National Team Development Program and has blossomed in the Western Hockey League, leading all rookie WHL blue-liners with 28 points in 33 games.

The son of former NBA player Popeye Jones, the six-foot-three, 208-pounder has eight goals, 20 assists and a plus-29 rating with the Winterhawks. Jones also guided the American team to a gold medal at the recent world junior hockey championship. **THE CANADIAN PRESS**

Detroit show sets '13 party tone



AUTO PILOT
Mike Goetz
drive@metronews.ca

The North American economy is far from full recovery, but you wouldn't guess it over here at the Detroit auto show. It's a party.

Almost every brand is coming off a great 2012 sales year, and most have lots of new products coming on stream in 2013. And while there is always talk about new green advances, we're not getting hit over the head with them. Seems like the automakers know green is a given, and are happy to simultaneously work on and celebrate all the other stuff — the more fun stuff — that continues to forge that emotional connection many of us have with our vehicles.

Power to the People

And one of the most emotional-rich cars on the planet — the Chevrolet Corvette — kicked off the show with the unveiling of its latest iteration. Too many go-faster stuff to go through today, but highlights include 450-horses, a seven-speed manual transmission that automatically matches revs for fast and smooth downshifts, and lots of aluminum and carbon fibre. The styling is muscular and purposeful, and was dictated, as is should



The new Maserati Quattroporte has a 191 mph top speed. ALL PHOTOS CONTRIBUTED

be for a sports car of this calibre, by many sessions in the wind tunnel. Another notable performance beast that debuted at Detroit was the all-new Maserati Quattroporte. The outgoing model is incredibly beautiful and they were smart enough to more or less keep the same styling, and just make it bigger, faster and stronger. It's even lighter, to make better use of its awesome V6 and V8 Ferrari-made engines. Top speed on the V8 model is 191 mph.

Small and Spunky

All that power on display at Detroit may have induced Honda CEO and presenter,

Takanobu Ito, to remind everyone that Honda still feels that "small cars are the key to the future." He then unveiled the Honda Urban SUV Concept, a small SUV based on the Honda Fit platform. A production version of this concept, and the new-generation Fit coming in 2014, will both be produced at a plant Honda will open soon in Mexico. The world's best selling car, Toyota Corolla, is due soon for its makeover, and at Detroit we got a glimpse of what the next-gen Corolla might look like, in the form of the Corolla Furia concept. It looks pretty sporty and righteous — especially for a

Corolla. Toyota has gone on record recently saying they want/need to spice things up a bit, so I guess we shouldn't be surprised.

SUVs Forever

The show also reinforced that we are still clearly in the age of the SUV. There are so many of these things in the market now, and so many more to come. VW badly needs a "midsize" SUV with seven-seat capability. To that end it created the CrossBlue SUV concept, specifically for U.S. and Canada. Seven-seat SUVs have effectively replaced minivans, and CrossBlue retains one of the minivan's best features — individual seats in the rear (keeps siblings apart

and happy). CrossBlue also features a diesel-electric plug-in hybrid powertrain. Lincoln also debuted an SUV concept. The Lincoln MKC is based on Ford's ubiquitous C-platform (think Focus and Escape), and would be, if built, the smallest Lincoln on offer. As we talked about before, luxury makers are no longer afraid to go "small."

More to Come

As the first auto show of 2013, Detroit often sets the mood for the coming automotive year. The mood was definitely up this year, higher than it's been since that kick in the rear called 2008. Party on Garth.



The Hyundai Genesis also impressed in Detroit

No snowy mountain on tire? No deal

Driving Force.

When buying your vehicle's rubber, look for the mountain and snowflake logo to ensure it's for winter

JIL
MCINTOSH
drive@metronews.ca

When you're buying tires for winter, you need to look for the mountain and snowflake. This little logo, of a snowflake inside a mountain peak, is molded into tires that meet the standard for winter tread.

However, while the logo indicates winter use, it means the tire meets a minimum standard and is not by itself a measure of the tire's quality. It's based on a tread pattern used as the industry standard. The tire must exceed the standard by 10 per cent to qualify for the logo.

"The testing is very easy, in simple terms, because it's

Quoted

"The testing is very easy, in simple terms, because it's basically straight-line performance."

Dino Tenuta, senior technical services manager for Bridgestone Canada
On how winter tires are tested

basically straight-line performance," says Dino Tenuta, senior technical services manager for Bridgestone Canada. "It doesn't take cornering into account. The logo was initially intended for consumers to identify a winter tire, but it's so easy to achieve that rating. You need to look beyond the mountain/snowflake, and do research on tire performance."

While many people think that winter tires are simply "snow tires," they're more than that. Rubber gets hard when it's cold. The rubber compound in winter tires is formulated to stay flexible in low temperatures, which improves its grip on dry or icy pavement.

Their tread is more aggressive, which helps them bite into snow, but they're also designed to channel away slush and water. If slush builds up on the tire, it dramatically reduces the tire's grip.

On wet pavement, the tread pushes water away so the rubber makes contact with the asphalt below.

If it doesn't, the tire can "float" on the water above the asphalt, a dangerous situation known as hydroplaning.

All-season tires can be used in winter, although they are a compromise. Their rubber compound is designed to stay supple in colder temperatures and firm in hot weather, but their tread isn't as aggressive as that of a winter tire, since it would be too noisy for summer use.

Some tires are called "all-weather," meaning they are all-season tires that have the mountain/snowflake logo.

These can be used all year in jurisdictions where winter tires are mandatory, such as in Quebec, but they are still not as good for cornering or stopping as a dedicated winter tire.



Mountain and snowflake symbol that will bring peace of mind. HANDOUT

Advice

- **Some tires are marked "Mud & Snow," or M/S.** This simply means it's an all-season tire, and is not specifically rated for winter if it doesn't have the mountain/snowflake logo
- **When to use.** You should use Winter tires any time the temperature drops below 7C, since their grip on cold pavement is better than an all-season tires.



Horoscopes

Aries

March 21 - April 20

You won't lack for chances to move up in the world, but you have got to be quick. If you keep your eyes and ears open over the next two or three days, you will take great strides towards your ultimate goal.

Taurus

April 21 - May 21

Your philosophy of life will change before the end of the week, giving you a better grasp of what is truly important. Remember: No one changes before they are ready to do so — and you are ready now.

Gemini

May 22 - June 21

Even if you have done something you should not have done, there is no point feeling guilty about it because you cannot turn back the clock. You should be looking forward to the future. It holds so much promise.

Cancer

June 22 - July 23

The planets will help you to sweep away the past and create some kind of new beginning between now and the end of the week. If that means getting rid of people who hold you back, so much the better.

Leo

July 24 - Aug. 23

Do you change something a bit at a time, or do you throw yourself at it and finish it in one mad dash? That is the question you need to answer today. Make sure you get it right. There is a lot at stake.

Virgo

Aug. 24 - Sept. 23

Stick to your strengths today and over the next 72 hours. Yes, of course, you should be ambitious but that does not mean you have to start something new. Maybe you should just do what you do already.

Libra

Sept. 24 - Oct. 23

Someone you love and respect will fly off the handle for no good reason today. If you are smart, you will pretend you have not noticed. It's only a minor incident, so why risk making a big issue of it?

Scorpio

Oct. 24 - Nov. 22

Make the most of the Sun's last few days in Capricorn to travel. It does not matter if your journey is short or long, it matters only that you are on the move. What you discover will brighten up your life.

Sagittarius

Nov. 23 - Dec. 21

Cash flow problems may be ongoing but between now and the Sun's change of signs at the weekend you will understand what needs to be done to improve things. Next time though, make sure you do it a bit sooner.

Capricorn

Dec. 22 - Jan. 20

More than anything else, you need to be ruthless with yourself and get rid of all those things that you no longer need. According to the planets, that's rather a lot. You could make a small fortune on eBay.

Aquarius

Jan. 21 - Feb. 19

If you are hurting in any way then you must open up and let loved ones know about it. Because you always put on a brave face, they may be completely unaware that you need a shoulder to cry on.

Pisces

Feb. 20 - March 20

Sometimes you can be too cautious but today you'll be inspired to get up, get out and get busy on the kind of project that can change the world. Do you think that's too ambitious? If anything it's not ambitious enough.

SALLY BROMPTON

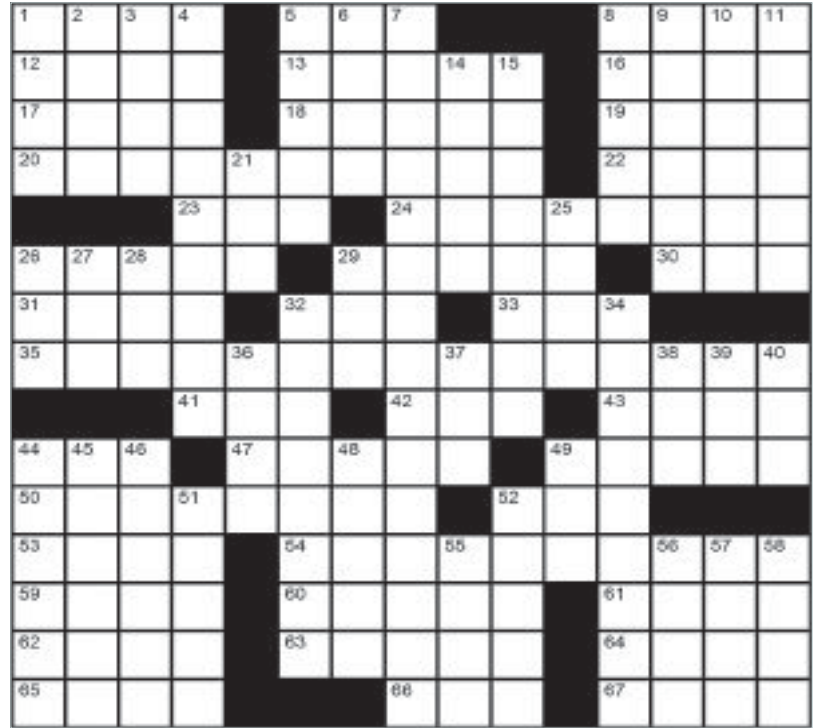
Crossword: Canada Across and Down

Across

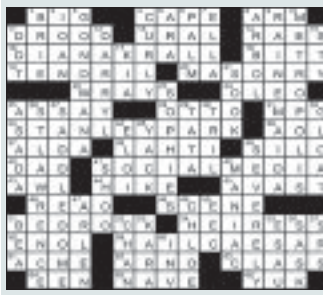
- Comet's follower
- Joke
- Poetic contraction
- "_____, Brute?" - Caesar in Shakespeare's Julius Caesar, Act III, Scene 1
- WWII threat
- "Able was _____" (Palindrome start)
- Printer's colour
- Trim
- Li'l house spot
- MC Hammer style: 2 wds.
- Coup d'____
- Napoleonic Wars marshal
- Oust
- Dance/fitness program
- "Beau ____" (1939)
- Never: German
- Without ____ (Penniless)
- Li'l office
- City, informally
- Currer Bell was her pen name: 2 wds.
- Mr. Butler, for short
- Shed tool
- ____ in Canada
- Some ER cases alas
- Yellow Fever mosquitoes
- James Cameron's "The ____"
- 16th Prime Minister: 2 wds.
- Evita's li'l land
- 'Cred' suffix
- Prehistoric link to the New World, Bering ____: 2 wds.
- Belgian songwriter Jacques
- How fresh fish gets packed: 2 wds.
- Study
- Departed
- "Modern Family" star Ms. Vergara
- ____ a hand
- Legend Ms. Gardner's
- Office tel. line
- Video game maker

Down

- ____ savvy
- "Right back ____!"
- ____-TASS (Russian news agency)
- Old Town ____, NS (UNESCO World Heritage Site)
- Aquarium fish
- Spell-starter
- Have "work" done: 4 wds.
- Rome's river
- Galen of President's Choice commercials
- Menswear designer
- Glam furniture piece
- Poker stakes
- Scientist's glass: 2 wds.
- Culpa's partner
- Munich mister
- Mr. Efron
- Work the aisles, in slang
- New Zealand bird
- ____ instinct
- Aurora ____
- Global series set in a munitions factory: 2 wds.
- Actress Sharon
- Greek dawn goddess
- Fancy 'not'
- QB's feats
- poet mr. cummings, and others
- Ontario's Port Burwell, the new
- permanent home of Cold War-era sub HMCS ____
- Ex-Degrassi actress Nina who stars on "The Vampire Diaries"
- Ms. Gomez
- Liquid-Plumr competitor
- Coming-in-plane, e.g.
- Boston's NBA team, for short
- Skip ____
- Gladiator's 609
- "Groove Is in the Heart" by ____-Lite
- Turf ruler
- Scandinavian story



Yesterday's Crossword

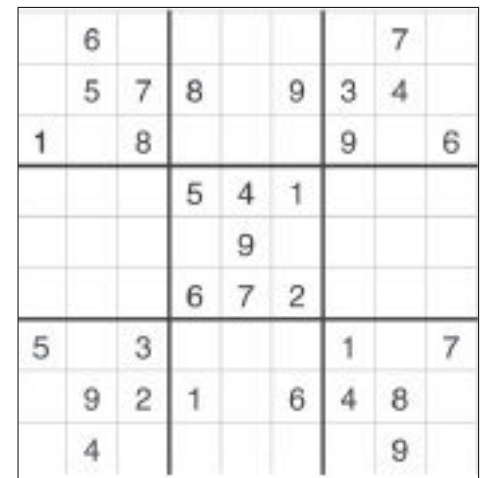
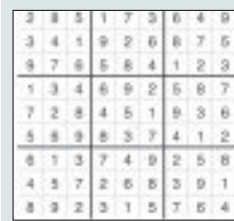


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Sharability



easy

hard



There are better ways to make your voice heard

What's the point of making a statement, giving a speech or even talking if no one is listening?
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.

Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation!

metropolitanpanel.ca



**Metropolitan
Panel**